



Greetings Parents and Guardians,

I wanted to reach out to you and provide you with some resources for your student and possibly you to use in order to keep your bodies moving and minds clear. It is crucial to keep our bodies and most importantly minds healthy and happy during this unfortunate time. There are a few online resources that I will provide the links to below and for those whom may not have access to internet, no worries, I will also include some fun exercises and games that will keep you on your feet. I thank you for your time and want to send a friendly reminder that children 6 years and older should be physically active for at least 60 minutes a day.

YouTube Online Resources:

PE With Joe

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI>

Fitness Blender

https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ

Glenn Higgins Fitness

<https://www.youtube.com/user/Glenhigginsfitness>

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Just Dance

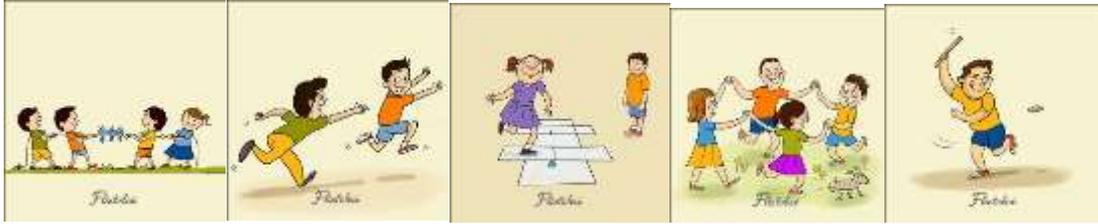
https://www.youtube.com/results?search_query=Just+Dance

I hope you are enjoying this time with your families and please stay safe.

Sincerely,

Mrs. Hawk

FMES- PE Tech.



9 Exercise Activities To Get Your Child Fit & Healthy:

Races:

This is an extremely obvious kind of physical activity. You can organize races with a small prize for your child and their friends in a yard or area around your house.

Get creative with the type of race. You can have a three-legged race, a one-legged race, a crab walk race, etc.

Also, let's not forget the classic race of deciding on a finish point that's a bit far off and any route can be used to get there to see who wins. Jump rope (skipping rope) races are great, too, as it's maximum leg exercise combined with a cardio workout!

Sports:

Your child will almost always show a natural inclination towards a sport. You can tell by paying attention to what they watch and what sport they play video games of.

Have a game of this particular sport with them often. Even enroll them in a class and ask them to try out for their school team.

There are also some sports like swimming that you definitely should encourage your child to practice often.

Besides, swimming is fun! Make a sunny summer fun day out of it and your kids are sure to be excited about it. You can also find an indoor pool at a hotel if it's winter.

Obstacle course:

It's an exciting way to exercise!

If you've watched any television reality game shows, you know what I'm talking about.

Use some furniture, and also some chalk to draw out a course ranging from the inside of your house to the garden or corridor outside. Add challenges to the course. You can add a puzzle to be solved, a vast area to be crossed without touching the ground, etc.

Hunt!

This can be either indoor or outdoor!

Organize a hunt that spreads across a large area, or even just inside your house.

Just place toys or treats hidden in different places and start your kid off with the first place.

Each place should have a puzzle written for the next. If you make sure the places are far apart, your kids will get a good run out of it.

Gardening:

Simple activities like gardening are a great source of exercise for kids. If you don't have your own garden, just get some pots, some mud, and some saplings and ask your kids to fill the pots up themselves!

Dance!

By far the simplest and the most fun-filled activity to do to get that daily cardio workout.

Just put on some music, get some preferably healthy snacks and gather up your child's friends!

You now have your very own dance party. You could also just do this during family time with your children.

Walk:

If you have a dog, divide daily responsibilities of walking it. If you don't, practice going for strolls in the park or walking to the grocery store instead of taking a vehicle. Walk as much as you can with your kids.

Hula Hooping:

For some reason, children love hula hoops!

Get your children some hula hoops and start hooping with them. Just teach them how to do it and we promise you that they won't be able to get enough.

Blow off that steam!

We're used to the tantrums our kids throw, right? What if I told you that you asking them to throw these temper tantrums on purpose when they're in a good mood will actually help them both psychologically and physically?

It may sound a bit crazy, but when they kick and run and jump and scream, they're getting tired out because of the energy they're spending. This also helps them get out all their pent-up anger and emotion without them even realizing it.

7 Exercise Games For Kids That Are Absolute Fun:

Follow the leader:

When playing this game, you'll be the leader and it's the easiest way to get a good workout done by your kids. Make sure to include exercises like jumping jacks, kicks, running, jumps, etc.

Tag:

A simple game of tag where you chase your children and when you catch someone, they then have to do the chasing, is a fun old-school option for a workout.

Capture The Flag:

This is a classic game that is definitely sure to keep your kids busy and active for a long time. Gather up your kid's friends and take them to a vast space with plenty of closed spaces to hide.

Divide them into two teams and give each team a flag that they would have to hide which the other team would have to find.

If anyone catches a member of the opposite team on their team's land they're put on a time-out until touched by one of their own team members.

Hopscotch:

Hopscotch is a good game that can be played both indoor (using floor tiles as markers) and outdoors (with chalk on a sidewalk or pavement). Keep making the hopscotch course bigger and bigger to keep your kids active and excited by all that jumping.

Twister:

We've all seen the twister mat game in various toy stores and online websites. It's the perfect indoor exercise game for kids so it's an excellent idea to invest in it.

Table Tennis:

It's a great idea to also invest in a table tennis table for another great indoor exercise game option.

Any small, mostly empty room can be used to play table tennis and as it does involve quite a bit of running, it's a great way to exercise.

You can even find a smaller sized table that your kid can use with their friends if your kid is very young.

Pop, pop, pop!

Inspired by some awfully simple birthday games, all you have to do for this is blow some bubbles out in your garden and ask your kid to run around popping all of them.

Another variation of this game is don't let the balloon touch the ground (without holding it for more than a second at a time, of course).

Quick Tips:

There are a few tips you have to keep in mind while getting kids to exercise as it isn't the easiest job.

Schedule it right:

Make sure to pick a certain time in the day that is suitable to everyone's moods as well as free time. Right before or right after lunch usually works best.

Track, chart, and reward progress:

Keep a track of all the exercises completed and even chart out the exercise-related achievements made by the kids and have a small monthly reward for the kid or family member with the most achievements.